

NMCRS Budgeting for Baby

This class is held through the Navy and Marine Corps Relief Society. It covers costs of a newborn and resources in the area. Participants will receive their baby's first sea bag! Please call them at (360) 396-6704 for the schedule.



Example of a baby sea bag, items are subject to change

HELPFUL PHONE NUMBERS

Fleet and Family Service Center	1-866-854-0638
Navy/Marine Corps Relief Society	360-396-6704
NBK Child Development Centers	888-463-6697
New Parent Support	360-315-3075
OB Clinic	360-475-4209
Health Promotion and Wellness	360-475-4541
NHB Appointment Line	1-800-404-4506

HELPFUL WEBPAGES

Dads at a Distance	www.daads.com
MedlinePlus	www.medlineplus.gov
Military One Source	www.militaryonesource.com
MWR Pacific Northwest	www.navylifepnw.com
Safe Kids Kitsap	Like on Facebook
Safe Kids USA	www.safekids.org
WIC Nutrition Program	www.kcr.org/wic.htm
Women's Health	Womenshealth.gov



NHB Health Promotion and Wellness (HPW)

NAVAL HOSPITAL BREMERTON
ONE BOONE ROAD
CODE 16
BREMERTON WA 98312
nhb.healthpromotion@med.navy.mil



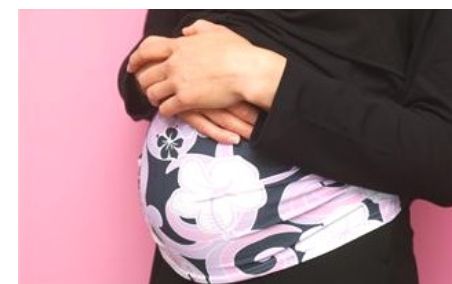
HPW Website: <http://www.med.navy.mil/sites/nhbrem/Pages/default.aspx>

Updated: 29-Jan-15

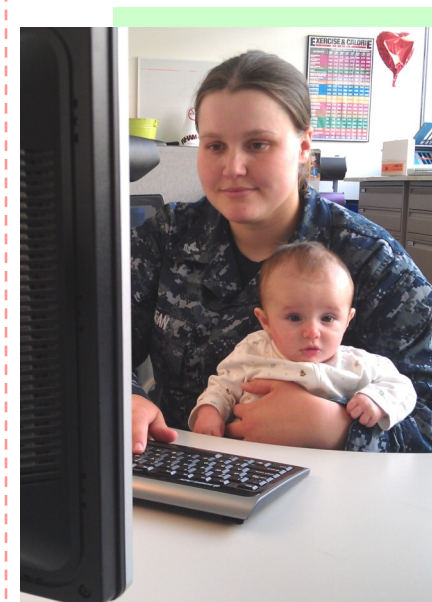
NHB Health Promotion and Wellness

2015

PNW Childbirth Resources for our Military Families



A comprehensive guide to local classes and resources available



Naval Hospital Bremerton (NHB) Resources

OB Clinic Classes

Childbirth: Prepare for the birth of your child by learning about the whole process and what to expect during your hospital stay. Please bring two pillows, a blanket or mat, your labor coach, snack and drinks for you and your coach. See Class Calendar webpage below for upcoming dates.

Lactation: Get the facts on this important part of your child's first and best nutrition. How to get started with breastfeeding, how to avoid problems, and the benefits for your baby.

- Fourth Wednesday 6:30 to 8pm (excluding November)



Class Calendars

Go to our Calendar webpage to view the most updated class dates and information for all classes



<http://www.med.navy.mil/sites/nhbrem/patients/Pages/hpclasscalendar.aspx>

Patient Education Clinic Classes

Baby Basics: Series of two classes.

1. New Parent Support Team (services, shaken baby syndrome, P.U.R.P.L.E. crying, Post Partum Depression, and Self Care) and correct use of Car Seats
2. Quiz the Pediatrician (baby checks, care of a sick baby, immunizations, and growth development milestones) and overview of infant CPR and choking

- Third and Fourth Thursdays of "odd" months from 4 to 6pm (See Class Calendar)
- November dates are the 2nd and 3rd Thursdays due to Thanksgiving.

Car Seats

Talking with a Certified Child Passenger Safety Technician (CPST) before you purchase a seat can save hundreds of dollars and set you up to keep your little one as safe and for as long as possible. We will show you the most common mistakes made by well meaning parents, why they are so dangerous, and how to avoid them.

Fittings: Make an appointment with a CPST to learn how to put your child's car seat in as safely as possible. This can be done any time during your pregnancy - Don't wait!

CPST Appointments: (360) 475-4541

To make an appointment for NHB classes, please call TRAC at (800) 404-4506

TIPS and TASKS

DEERS: You have 60 days to enroll your child. You will need a certified birth certificate and SSN at your local PSD to accomplish this. Appointments are recommended and can be made at <https://rapids-appointments.dmdc.osd.mil/>

EFMP: Exceptional Family Member Program is designed to help you meet the challenges of special needs family members. Please call for more information

- (360) 475-4215 at the Naval Hospital Bremerton
- (360) 396-5469 at Fleet and Family Support Center

Fitness for Pregnancy:

Free water aerobics at Bremerton Concourse West (Gym) by referral from your PCM



Lactation Consultant: Naval Hospital Bremerton (360) 475-4470 8:30am to 5pm weekdays for questions and appointments. For questions after hours, call (360) 475-4418

4OB Tour: You are encouraged to walk-in to 4 OB during normal working hours to get a tour and learn what to expect when you arrive to have your baby.

WIC: The Women, Infants, and Children's Program is available from pregnancy to five years old. You need to verify eligibility at your local office. Support includes assistance with many healthy food items. See link on back page.